GOVERNMENT OF INDIA
HEALTH AND FAMILY WELFARE
LOK SABHA

UNSTARRED QUESTION NO:694
ANSWERED ON:25.02.2009
INSOMNIA AMONG CHILDREN
Paraste Shri Dalpat Singh

Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

(a) whether a large number of children are suffering from insomnia

(b) if so, the details thereof and the reasons therefor;

(c) whether any research has been conducted in this regard; and

(d) if so, the details thereof and the action taken by the Government in this regard?

Answer

THE MINISTER OF STATE FOR HEALTH & FAMILY WELFARE (SMT. PANABAKA LAKSHMI)

(a) to (d): Insomnia is a symptom with many causes, i.e., anxiety, depression, physical pains, etc. A study conducted by the National Institute of Mental Health & Neuro Sciences, Bangalore shows that the prevalence of anxiety disorders as a whole in children is nearly 4%. However, data on prevalence of insomnia in children in India is not available.

Under the National Mental Health Programme, efforts are made to provide mental health services as a part of general health system. In this regard, Central Government supplements the State Governments' efforts through District Mental Health Programme (DMHP), upgradation of psychiatric wings of Govt. medical colleges/general hospitals and strengthening/ modernisation of State run mental hospitals to make them as therapeutic units. The Central Government has proposed to re-strategise the National Mental Health Programme during the 11th Five Year Plan to extend DMHP to more districts in the country with added components of suicide prevention services, work place stress management, life skills training and counselling in schools and colleges.